




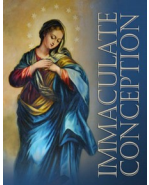












December **Shine** Session Dates



	Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
S		Join us on Dec 20 at 6pm for a 30 min Express Workout, followed by the story of the Nativity* and snacks!	*The Story of the Nativity – attend to watch this 59 minute film to learn more about Jesus of Nazareth and the truth of Christmas.	 Advent begins Dec 2nd	Join us in our KEEP CHRIST IN CHRISTMAS program. 15 days of sacrifice, prayer and Christ like deeds. Dec 3 – 7; 10-14 and 17 – 21 Pick up a program flyer in the Narthex today!	 The Divine Mercy Chaplet will be prayed at 3pm in the Adoration Chapel on Dec 7, 14 and 21.	1 Please note: construction in the old church will commence in December. Class location and format may change pending availability of the space.
H	2  Advent Week 1 Hope	3 Keep Christ in Christmas Week 1> Ladies' Candlelight Service 6pm	4	5 9:15am Chair Aerobics Healing Rosary at 6pm, prior to 6:30pm Mass	6  6pm Drum Fitness plus strength and abs	7 3pm Divine Mercy Chaplet - Chapel  Immaculate Conception Vigil Mass: 6:30pm	8  Mass: 9am
I	9  Advent Week 2 Faith	10 Keep Christ in Christmas Week 2>  Children's Christmas Play 7pm	11	12 9:15am Drum Fitness Healing Rosary at 6pm, prior to 6:30pm Mass 7pm Penance Service	13 6pm 12 Days of Christmas Workout plus Chocolate Peppermint Smoothies!	14 3pm Divine Mercy Chaplet - Chapel	15
N	16  Advent Week 3 Joy	17  Keep Christ in Christmas Week 3> 6pm 30 Min Drum workout followed by Relaxation Stretch (bring a pillow and blanket)	18	19 9:15am 12 Days of Christmas Workout Healing Rosary at 6pm, prior to 6:30pm Mass	20 6pm Express Cardio and Strength Workout plus the <i>The Story of the Nativity*</i> and snacks (bring a favorite to share)	21 3pm Divine Mercy Chaplet - Chapel	22
E	23  Advent Week 4 Peace	24 Christmas Eve 	25 Christ is Born!  Christmas Day	26  Joy Unto us a Child is Born!	27 Merry Christmas and a Happy New Year! Classes will resume January 7, 2019!	28 What's Next? The 2019 Prayer and Exercise Challenge!	29

Let your beautiful light

Shine

Holy Spirit Catholic Church
Faith and Fitness Exercise Ministry

Fuel your mind, body and soul with our faith infused exercise classes.

What is SHINE Faith and Fitness Exercise Ministry?

SHINE Faith and Fitness was created to get our church community together to improve health, reduce and manage stress, share some good times and laughter with fellow parishioners so we can all SHINE BRIGHTER to better serve our great God! Classes take place in the old church. Each class runs 60-75 minutes and begins with an opening prayer and ends with scripture reading, followed by a peaceful reflection period and gentle stretching.

What do I bring to class?.

Bring an exercise mat, towel, water bottle and a small blanket or pillow so you can get comfortable during the prayerful meditation period at the end of class.

Do I have to preregister for classes?

No. Just show up :-)

Is there a charge?

A free-will offering will be accepted for participation in class. Funds are used to purchase equipment for classes.



Class Descriptions:

- **Cardio & Relaxation Stretch:** Just say Ahhhhh. Learn techniques to manage and reduce stress in your life. This class opens with 15-20 minutes of a light cardio workout followed by a 40 minute prayerful period with reflection and stretching.
- **Cardio & Strength Timed Stations:** Timed stations of a variety of exercises including a hula hoop, medicine balls, kettlebells, hand weights, balance trainers, resistance tubes and more.
- **Chair Aerobics-** It's workout 101. Designed for the beginner. Class is gentle and will cover basic toning, using resistance tubes or hand weights and flexibility training. Chairs are used to assist balance during class. They are also incorporated into some of the exercises (example: seated arm curls, seated shoulder press, standing squats holding onto the chair)
- **Drum Fitness** – Shine members love this one! We create a makeshift drum out of a stability ball and risers, cue up the music and get on drumming. It is a great cardio workout that involves classic moves like grapevines, jumping jacks and lunging all while drumming. Modifications are given. All fitness levels are welcome.
- **Fresh Air Faith Walk** – is a walk infused with prayer outside around the grounds of Holy Spirit Church and the local community. The session will begin and end in the Old Church. In the event of inclement weather, the workout will be held inside.

SHINE Faith and Fitness Contact: Parishioner: Tina Kowalski
Certified Group Fitness Instructor and Personal Trainer – Since 2004 Phone: (717) 579-0197 ~ E-mail: trainwithtinak@hotmail.com

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